

# **CITY OF CARLSBAD PARKS AND RECREATION LIFEGUARD ACADEMY 2010 (r.09)**

## **Become a Lifeguard for the Summer:**

- Lifeguarding is an exciting and rewarding job.
- Employment opportunities will exist at the Monroe St. Pool for summer 2010.
- The Academy is designed to provide qualified participants with certifications above and beyond the requirements for a pool lifeguarding position.
- Graduates receive American Red Cross Certifications in: Lifeguard Training; Cardiopulmonary Resuscitation for the Professional Rescuer (CPR-FPR); Title 22 First Aid for Public Safety Personnel; Automated External Defibrillation (AED) Essentials; and Oxygen Administration for the Professional Rescuer.

**Prerequisites:** Must be at least 15 years of age and have the ability to swim 300 meters continuously, using front crawl and breaststroke; swim 20 m, surface dive to a depth of 10 feet, retrieve a 10 pound brick, return to the wall with the object and exit the pool in 1:40 or less.

**Fee:** \$180 with a \$30 discount for Carlsbad residents.

**Schedule:** To be determined Spring 2010.

For additional information please call the Monroe Street Pool at 760-602-4685.